SPY VS. SPY
REAL AGENTS ON JOLIE'S NEW MOVIE SET
FACT OR FICTION? {page 12}

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Afghanistan. Another fallen

▶ Sapper Brian Collier is shown in an undated military photo.

DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

Alberta-based soldier killed by IED

A member of 1 Combat Engineer Regiment based at CFB Edmonton, slain Sapper Brian Collier of Ontario was serving in Afghanistan with the 1st Battalion, The Royal Canadian Regiment Battle Group. Story, page 6

Cop chief: Good stats, good work

Hanson says StatsCan report shows police initiatives are working ◐ Police report crime in Canada declines ◐ Council chose Monday to maintain number of officers

While Calgary's crime statistics ranked better than the national average, the results may be a "hiccup" according to a local expert.

Statistics Canada released a report yesterday stating that in 2009, Calgary was the only Western city to fall below the national average in terms of police-reported crime severity.

"This is a one-year window and typically what I recommend or suggest is that we look at the stats over a period of time," said John Winterdyk, director of the Mount Royal University Centre for Criminology and Justice Research.

"The fact that Calgary is doing as well as it is ... it's just sort of a hiccup, so to speak."

However, police Chief Rick Hanson said the results are a due to the work done by the service. "The results, I'm proud to say because of the men and women of the service, speak for themselves," he said.

Winterdyk said police have made important strides, but the statistics may not show those results for some time. "It's good to see that we're going in the right direction, but it's a direction that most of Canada is going in." KATIE TURNER

Service levels

▶ While council decided the number of officers will be maintained, police Chief Rick Hanson said it will be difficult to find other areas of the service to cut. "There is not a lot of fat to trim (in the budget)," Hanson said yesterday. He said there is a certain level of service that needs to be maintained in the city.

Canada

A truce with the Taliban?

◐ International officials meet in Kabul for conference ◐ Foreign Affairs Minister Lawrence Cannon willing to support reconciliation, with conditions {page 6}

Here's looking at you, Morocco

North Africa's cultural hub, Casablanca {page 20}

NHL says no to 17-year pact

Kovalchuk's deal with Devils rejected by league {page 25}

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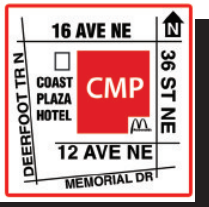

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AMVIC LICENSED

Commuters tune in to musical ride

If the Musicians in Motion Musical Train Ride kickoff was any indication — this is going to be one rockin' Calgary Folk Music Festival.

Local band Dojo Workhorse performed for delighted Calgary Transit riders yesterday morning on a Crowfoot Station-bound train as part of a joint program now in its third week to kick off to the folk festival starting tomorrow at Prince's Island Park.

"This is a way for our musicians to bring a little bit of folk festival to all quadrants of the city. And it's a great way to create some excitement and anticipation," said folk festival artistic associate Kenna Burima.

Dojo Workhorse fan favourite Danny Vacon said it was the first time he ever performed on something "mobile."

"It's a lot of fun, people coming and going. It's pretty cool. Maybe next we'll do folk on a submarine or folk on a plane," he joked.

Calgary Transit spokesperson Ron Collins is excited to share musical talents with riders on the trains, which will run until Friday.

"It's a nice treat for our customers," Collins said. "And they get to see something they don't see everyday."

KRISTA SYLVESTER

KRISTA SYLVESTER/METRO CALGARY

▶ Dojo Workhouse musicians Brock Geiger and Danny Vacon play for Calgary Transit users on the train yesterday morning.

Man struck, killed by car in Hawkwood

Family members on scene say man had five grandchildren

KRISTA SYLVESTER
@METRONEWS.CA

Police say it appears to be an "unfortunate tragedy" a man was killed after being struck by a car backing out of a northwest driveway yesterday morning.

Distraught family members on scene identified the 68-year-old victim as David Lee and told reporters he was walking to the mailbox around 11 a.m. when he was struck in the 200 block of Hawkside Mews NW.

"I knew the man who died and I know the woman who struck him. This is so tragic, the whole community is going to take this very hard, we're very close," a neighbour identifying herself as Marsha said.

"He was a really nice, older man."

The victim's sister was visibly upset as she pulled up to the scene where Lee died.

Fatality

Man was walking to mailbox when struck

- **Pinned** Officials say the man was pinned under the vehicle and died on scene
- **Neighbour** The woman who struck the man is very shaken up, according to police
- **Near home** The victim lived just a few houses away from where he was struck
- **No sidewalks** The street is a cul-de-sac with no sidewalks

3

The number of pedestrian fatalities the Calgary Police Service has investigated to date this year. There were six fatalities in 2009.

KRISTA SYLVESTER/METRO CALGARY

▶ A police officer consoles the sister of David Lee, who was struck and killed by a car yesterday morning in Hawkwood.

$1M damage to school in fire

Arson Unit investigators from the Calgary Fire Department are treating a fire at Dr. Gladys Egbert school yesterday morning as suspicious.

Early yesterday morning, Marlborough Community Centre phoned 911 after flames were seen coming from the roof of the school at 6033 Madigan Dr. northeast.

Crews responded quickly and entered the building, but due to the fire's size and overwhelming smoke, they were ordered to fight the fire from outside.

Within 20 minutes of the initial call, the fire was under control. Damage to the school is estimated at around $1 million.

PETER MCCARTNEY

PETER MCCARTNEY/FOR METRO CALGARY

▶ Fire damage at Dr. Egbert school in the northeast.

News in brief

Woman dies after collision

SKATING. An 83-year-old woman who was struck by a person in-line skating in Confederation Park last Thursday has died. The woman struck her head on the pavement after a collision at a blind corner. METRO CALGARY

Monrose found to be unstable

COURT. Long before Lee Christopher Monrose stabbed an RCMP officer in June, he had planned to destroy the Calgary Police Service, court heard yesterday. Monrose, facing 18 criminal charges, was deemed paranoid and unstable by Crown prosecutors yesterday. METRO CALGARY

1 news

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Long form census defenders, and a Sarah Palin cutout, take their musical chops to YouTube. Video at metronews.ca/canada

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Love in the time of Auschwitz: Ex-inmate recounts daring escape from death camp. Scan code for more

MISSING COUPLE

Vader's lawyer resigns

A lawyer for a man considered a person of interest in the disappearance of a missing Alberta couple has quit.

Travis Edward Vader, 38, was to appear in provincial court in Edson, Alta., yesterday on three charges of possession of stolen property. The charges are among numerous others he faces that are unrelated to the case of Lyle and Marie McCann, who vanished more than two weeks ago.

Lawyer Brad Thomlinson told the judge he no longer wanted to represent Vader. He said his client had already missed several court dates and was very difficult to reach.

THE CANADIAN PRESS

World of Science has two exhibits left in old home

The TELUS World of Science will host two more exhibitions before relocating to the new science centre next fall. Einstein & Darwin, focusing on the two iconic scientists, will run from October until early January. Titanic: Artifact Exhibition — showcasing artifacts from the wreckage — will follow from February until June. METRO CALGARY

Candy machines the subject of RCMP probe

Small business owners in Airdrie alerted RCMP Monday after an unidentified Caucasian man asked to install candy machines to help raise funds for the local fire department.

Airdrie RCMP are investigating as neither Airdrie nor Rocky View County fire departments are currently fundraising by way of candy machines.

METRO CALGARY

Wipeout Canada hopefuls go faster, higher, sillier

ROBIN KUNISKI/FOR METRO CALGARY

▶ Potential contestants of all shapes, sizes, and apparel came out to the Wipeout Canada callbacks in Calgary.

▶ Some drove for five hours to try out ▶ All came armed with a nickname, victory dance, battle cry

PETER McCARTNEY
CALGARY@METRONEWS.CA

Calgarians clad in their craziest costumes packed the Telus Convention Centre yesterday hoping to catch the eye of judges for the upcoming television show Wipeout Canada.

Those who are accepted will face an obstacle course with "crashes, smashes and hilarious mud splashes," but the winner takes home a princely grand prize.

Brothers Mark, John and Ryan Harper came decked out as their favourite Teletubbies — Tinky Winky, Dipsy and Po. "You just gotta have high energy, you've gotta be unique. You've gotta have something that makes you stand out," Ryan said.

Amber Groome, a.k.a. the Boxing Barista, arrived from Edmonton in her green apron and boxing gear.

Even Calgary's own version of New York City's Naked Cowboy came to audition.

"I figured Canada needed its own Naked Cowboy, and we are Cowtown, so giddy up!" he said.

Breakdown

- **20 contestants** begin the first round with a four-part obstacle course.
- **The 12 fastest** try not to be swept off their platforms by a large arm.
- **Six advance** to be spun silly and make a mad dash.
- **Four final contestants** run the final gambit in an obstacle course to win the grand prize of $50,000.

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News in brief

▶ Brig.-Gen. Jonathan Vance

Another dead Canadian troop

AFGHANISTAN. A young Canadian soldier who had escaped death in an earlier encounter with an improvised explosive device was killed yesterday while on a foot patrol.

Sapper Brian Collier, 24, had dismounted from his vehicle in the village of Nakhonay, 15 kilometres southwest of Kandahar city, when he was killed by an IED blast.

"Today, the entire task force — both military and civilian — is mourning our fallen comrade," said Brig.-Gen. Jonathan Vance, the commander of Task Force Kandahar.

THE CANADIAN PRESS

Black will no-show hearing

CHICAGO. Conrad Black's bail hearing has been scheduled for this morning in Chicago but the former media baron won't be there in person.

Black, 65, remains behind bars in a federal prison in Florida. A U.S. Appeals Court granted Black bail Monday afternoon after a U.S. Supreme Court last month weakened the law that was used to convict him and send him to prison. THE CANADIAN PRESS

Tough granny

B.C. RCMP in Vernon, B.C., say a man in his 20s was lucky to escape uninjured after targeting what looked like an easy mark on Saturday.

Police say the thug tried to grab an 81-year-old woman's purse, — but she wielded her walker like a weapon, chasing him away empty-handed.

THE CANADIAN PRESS

Seeking a truce with the Taliban?

Foreign Affairs minister calls for Afghan electoral reform ◐ Also calls for action on human rights abuses

Foreign Affairs Minister Lawrence Cannon told an international conference in Kabul yesterday that Canada would be willing to support reconciliation with the Taliban to bring peace to Afghanistan but only if a number of criteria are met first.

Cannon, U.S. Secretary of State Hillary Clinton and other senior foreign officials from nearly 70 countries gathered in Afghanistan's capital for the one-day conference, which was seen as an affirmation of international support for the government of Afghan President Hamid Karzai.

Karzai has been reaching out to the Taliban in hopes of ending the war.

PAUL J. RICHARDS/THE ASSOCIATED PRESS

▶ Afghan President Hamid Karzai and U.S. Secretary of State Hillary Clinton tour a crafts bazaar in Kabul yesterday.

He won endorsement from a national conference over a month ago for his plan to offer incentives to militants to lay down their arms and to seek talks with the Taliban leadership.

The Taliban have publicly shunned the offer, and the United States is skeptical whether peace can succeed until the Taliban are weakened on the battlefield.

Karzai is urging international partners to help his country move toward responsibility for its own security.

THE CANADIAN PRESS

"We encourage a reconciliation process that is inclusive of all Afghans, no matter their ethnicity, tribe or gender. Those who are reconciling must renounce violence, accept the Afghan constitution and cut all ties to terrorist groups such as al-Qaida. ... There are no conflicts in the world that have been able to resolve themselves without any reconciliation."

LAWRENCE CANNON, FOREIGN AFFAIRS MINISTER

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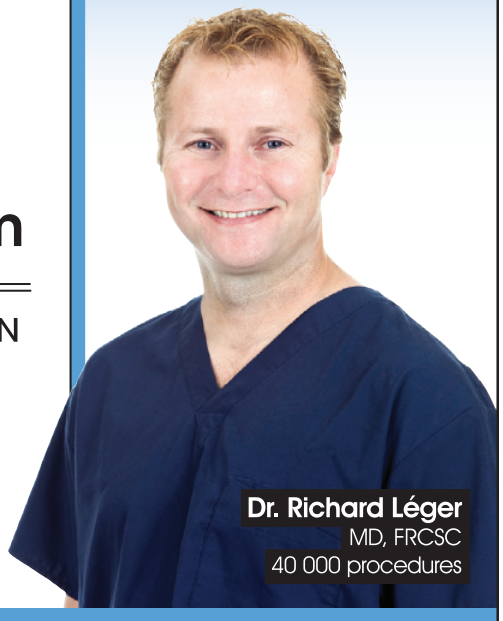

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Girl injured in alleged assault

An 18-month-old girl was in critical condition with head injuries after an alleged assault at a day home in southern Alberta, police said yesterday.

The girl was taken by air ambulance from Medicine Hat to Alberta Children's Hospital in Calgary where she was being treated for life-threatening injuries, Staff Sgt. Brent Secondiak said.

A 23-year-old woman, who was taking care of the girl at the private residence, has been charged with aggravated assault and failing to provide the necessities of life. Police received a call from officials at the Medicine Hat Regional Hospital on Monday about a toddler who had been brought in with serious injuries.

Officers were still at the home yesterday and were interviewing people in the area, Secondiak said. The girl appeared to be the only child that was being cared for in the home at the time.

THE CANADIAN PRESS

Union says flights were delayed

Flights were operating normally at Vancouver International Airport Monday despite a labour dispute that saw replacement workers brought in to oversee refuelling of aircraft.

However, the Union of Canadian Transportation Employees disagrees, claiming about 40 flight departures were delayed because of a lockout of refuelling supervisors and administration staff.

THE CANADIAN PRESS

Study finds surprising results

A study conducted at the Montreal Heart Institute has yielded a surprising result — living with children is linked to a reduction in physical activity.

Concordia University professor Doctor Simon L. Bacon led the study which included 756 participants.

The researchers were trying to figure out why the majority of heart patients don't succeed in following an exercise regimen.

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U.K. leader pays visit to Washington

- Both sides play down BP issue
- Middle East peace process, economy on table for discussion

British Prime Minister David Cameron sought to diffuse U.S. outrage at British oil giant BP as he met with U.S. President Barack Obama at the White House yesterday. But the issue kept coming up.

Cameron's first trip to Washington as prime minister began yesterday and is being overshadowed by anger in the United States over BP's spill in the Gulf of Mexico, and the British oil giant's alleged involvement in the decision to free Lockerbie bomber Abdel Baset al-Megrahi from jail last year and send him home to Libya.

THE ASSOCIATED PRESS

Discussion

The U.K., one of the strongest allies of the U.S., is a crucial partner in the war in Afghanistan.

Talks Cameron and Obama discussed a host of pressing issues. Chief among them will be Afghanistan. Britain has been the most crucial U.S. military partner in Afghanistan but is facing inevitable budget cuts and the unpopularity of the war. Cameron has said he wants the country's 10,000 troops out by the time of Britain's next election, which must be held by 2015.

Alberta. Derailed

▶ A CN train engine appeared like it had run aground like a ship on a sandbar on Monday in Sylvan Lake, Alta.

NATASHA SCHMALE/THE CANDIAN PRESS

Freight car derails

RCMP say a front engine of a Canadian National freight car derailed Monday near a Dairy Queen in a residential and commercial neighbourhood.

'Pin the sail on the donkey' to be probed

Authorities in Russia are opening an animal cruelty probe into a weekend stunt on a beach in southern Russia in which a donkey parasailed high over the surf.

Amateur video footage showed men attaching parasail harnesses to the trembling mule. The English-language Kremlin news channel Russia Today reported that sunbathers were distressed at the sight of the flying donkey, which brayed in fear as it glided above the bay for half an hour.

Russia Today reported that the donkey was shell-shocked but survived.

Reports said the donkey flight was a promotional stunt. Employees of a leisure firm in the Krasnodar region village of Golubitskaya, on the Azov Sea, could face two years in prison if they are charged and convicted of animal cruelty.

THE ASSOCIATED PRESS

Authorities seek to delay teen's trip

Child care officials asked a Dutch court yesterday to extend their guardianship over 14-year-old sailor Laura Dekker for another year, a move that would further delay her plan to sail solo around the world.

The application was made at a closed-door hearing in Middelburg. A ruling is scheduled for July 27.

Dekker was made a ward of the state last year after her plan to try to become the youngest person to sail solo around the world raised concerns. Both her parents, who are divorced, back the plan.

The dangers facing Dekker were underscored last month when a 16-year-old California girl had to be rescued from her solo round-the-world trip after powerful waves snapped her mast in the Indian Ocean. THE ASSOCIATED PRESS

"Our focus is not is she able to sail, because she can sail. Our focus is her social and physical development, that is our concern."

RICHARD BAKKER, SPOKESMAN FOR THE COUNCIL FOR CHILD CARE

22 hours is the length of time 14-year-old Laura Dekker spent sailing from the Netherlands to England and back.

BoC hikes rates despite gloomy predictions

Bank agrees economy is slowing ◗ Europe still a concern ◗ BoC predicts better growth in 2012

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Bank of Canada governor Mark Carney

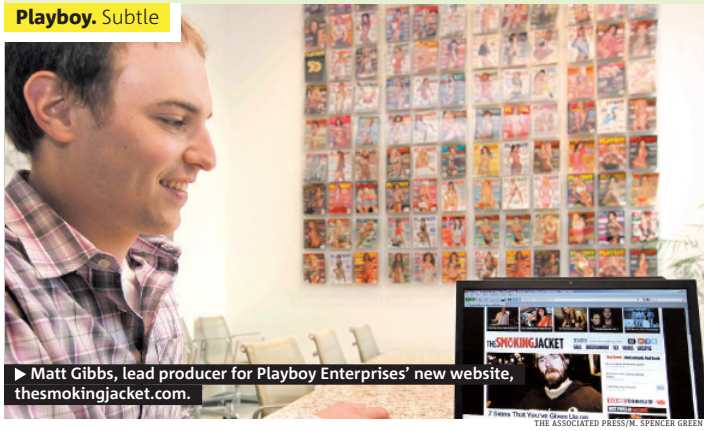
The Bank of Canada has hiked its trendsetting interest rate one-quarter point to 0.75 per cent, while issuing a more gloomy outlook for the economy and raising questions about where rates are headed next. The second rate increase in as many months had been widely predicted by economists and markets, given Canada's strong first quarter advance and recent job creation record.

The move will likely have an impact on variable mortgages as the big commercial banks usually adjust their prime rates shortly after the Bank of Canada adjusts its key lending rates. The central bank's move will raise some eye-brows among so-called bearish economists who had urged governor Mark Carney to keep interest rates steady if he believed the recovery was slowing.

They argued that raising rates at this time will only weaken growth by discouraging consumer spending and business investment, and adding upward pressure on the loonie to the detriment of manufacturers and exports.

THE CANADIAN PRESS

Playboy. Subtle



▶ Matt Gibbs, lead producer for Playboy Enterprises' new website, thesmokingjacket.com.

THE ASSOCIATED PRESS/M. SPENCER GREEN

Playboy launches 'work-safe' site

Playboy launched a new website yesterday that it says is safe to look at while at work. The site contains no nudity. Instead it will rely on humour to reach Playboy's target audience, men 25 to 34 years old, when they are most likely to be in front of a computer screen.

Market moment

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Lions Gate faces takeover

Investor Carl Icahn declared an end to his brief truce with Canadian-American boutique film studio Lions Gate Entertainment Corp. yesterday, renewing his bid to take over the company.

Icahn now controls 37.9 per cent of Lions Gate's shares. He said he will launch another tender offer for the stake he doesn't own. THE ASSOCIATED PRESS

Air Canada adding capacity

Air Canada says it will grow its system capacity more this year than expected, mainly because of a rise in international flights.

It expects to boost fleet capacity by between six per cent and 7.5 per cent.

The airline also announced yesterday it plans to use a $900-million US note offering to repay some of its outstanding debt. THE CANADIAN PRESS

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NEWFOUND FRIENDS IN HIGHER PLACES

Just sayin'

PAUL SULLIVAN

To some, he's prisoner No. 18330-424.

To others, he's Baron Black of Crossharbour. To most of us, he's just Conrad Black. And he is about to get sprung from a Florida jail.

Once owner of the third largest newspaper chain in the world and a personal fortune of £175 million, Conrad Black has fallen as far as a guy can fall.

On the one hand, he has finally convinced the U.S. Supreme Court that his fraud convictions are based on an overly broad interpretation of the law, and he has been granted bail as he appeals.

On the other, the man who once had everything now has nothing. His London, New York and Palm Beach properties? Gone. His fortune? Gone. And his troubles are hardly over — the U.S. government is suing him for $71 million in back taxes.

"The man who once had everything now has nothing. His London, New York and Palm Beach properties? Gone."

You think you've got problems? Black doesn't even have a place to spend the night. He still owns the heavily mortgaged family homestead on Toronto's Bridle Path, but will probably have to stay in the U.S. as a condition of bail.

Maybe he can stay at the Super 8 motel near his Florida prison, although he might not be able to afford the $100 per night rack rate after working for 23 cents per hour in jail.

Still, my former boss (he owned the Vancouver Sun; I toiled in his vineyard) is not one to mooch for sympathy. He sees himself as a "freedom fighter" and will continue to plug away at self-vindication. The rest of the world may see him as a defrocked capitalist, but the man who denied his Canadian birthright to sit in the House of Lords is hardly cowed by a mere reversal of fortune.

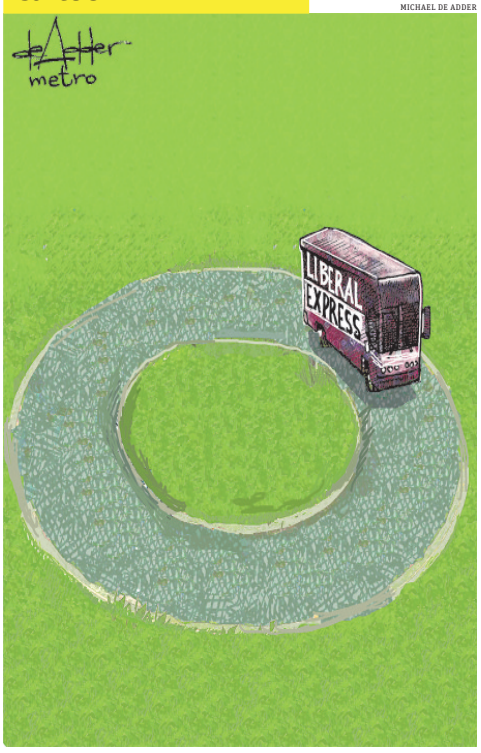
From his cell, he reminds us why the world is a less colourful place with him on ice. He continues to emit wryly amused, wordy newspaper pieces as blithely as if he were cosseted in his London study, butler at hand.

He has even found God. And not just any God, but the Catholic God, the whole nine yards. I came across a massive piece (aren't they all?) documenting his conversion from "casual Protestantism" to when "I no longer had any confidence in the non-existence of God," to today in jail when he takes the sacraments at least once a week, and goes to confession when he feels sinful. "This," he hastens to add, "is not an overly frequent sensation."

Now that the world has abandoned him, Baron Black has merely ramped it up a notch and has found new friends in higher places. You can't keep a good social climber down.

Cartoon

MICHAEL DE ADDER



Defender of Stampede

Letters & Tweets

CALGARY. Mike Morrison is not one to let the facts get in the way of a good rant (In Defence Of, July 19).

He refers to the deaths of six horses, without noting that three were due to natural causes. Such deaths could have occurred just as easily on a farm, but that does not play well for those who want to manufacture a sensational headline. Two or three deaths occurred during the chuckwagon races, but keep in mind how many horses are involved in these races.

The loss of a horse is sad, but hardly a catastrophe when the numbers are properly considered.

Hold on to tradition

JEFF MCINTOSH/THE CANADIAN PRESS

It is even more absurd that Morrison wants to blame the Stampede for an accident on the midway. Never mind that the official investigation is going to take months and involve studies by qualified engineers. Never mind the rides are operated by an independent company. Never mind the rides are inspected by impartial officials.

Morrison has spoken: The Stampede is to blame. Morrison asserts that "the idea of rodeos and chuckwagon races is lost on most Canadians." This would no doubt come as a shock to the CBC, which just signed a five-year contract to continue to broadcast those events to all Canadians. **PHILIP E. CARR**

You win $2,500. How would you spend it?

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Metro Minute with Morningside music

Spare a lunch minute to enjoy the most talented young musicians from across the globe. Morningside Music Bridge program students will grace the Cathedral Church of the Redeemer stage from 12:10-12:50 p.m. today.

The students, aged 12 to 15 from Canada, China, Poland, the U.S., and New Zealand, are developing their talents with the Mount Royal Conservatory's summer festival this month.

Admission is free (but donations are welcome) and if you have another minute to spare, come early to take a free tour of the historic church building, located at 7th Avenue and 1st Street SE.

METRO CALGARY

CONTRIBUTED

▶ Morningside Music Bridge students will perform today.

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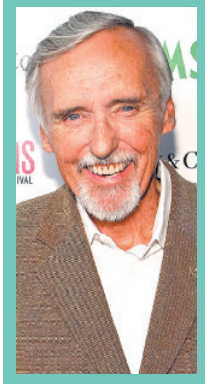
2 scene

News in brief



Dennis Hopper's sprawling estate in Venice, Calif., is going on sale this Friday for about $6.2 million. The property, where Hopper lived for more than 20 years, is located a few blocks from the Pacific and spans 15,550 square feet over five land parcels.

THE ASSOCIATED PRESS

Costumed Storm troopers invade Comic-Con

- Arrest of Russian spies adds intriguing new layer to Angelina Jolie thriller Salt
- Activity has slowed since the Cold War, but many nations still spy on one another

SUBMITTED PHOTO

▶ Angelina Jolie plays a CIA analyst accused of being a Russian spy in the new movie Salt

The secret world of spy versus spy

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Angelina Jolie's new film Salt — about a CIA analyst accused of being a Russian sleeper agent — might have just seemed like another entertaining summer movie.

But the discovery and arrests last month of 10 Russian agents living under deep cover in the U.S. adds an intriguing new layer to the film. And it also serves as a stern reminder, says former Homeland Security secretary Tom Ridge. "The term 'Cold War' may have been generally removed from our conversations, but the notion that we would spy on one another to secure information about aspirations and capabilities, that still exists," Ridge says.

Metro caught up with Ridge and a panel of intelligence experts at the International Spy Museum just hours after the suspected spies were exchanged in Vienna. Oleg Kalugin, a former major-general for the KGB, was startled by the swiftness of the arrests and exchange — as well as the number of suspected operatives taken into custody. "I watch the 10 guys who were caught as illegals, I thought, 'That's total decadence.' It looked to me a waste of human resources."

"The action scenes are over the top. If I had one day in my career like Salt, I'm not sure I would've had a very long career" MELISSA BOYLE, FORMER CIA INTELLIGENCE OFFICER

Kalugin admits that while he was stationed in the U.S., he knew of some "illegals" — or spies living abroad with no official ties to their home government — but there were far fewer. "In my time when I was operational in the United States, we did have a couple of guys, and they had very specific missions," he admits. "One had a very special mission. His job was to act in case the United States and the USSR were close to military conflict. Then this illegal would blow up the power line grids in the Washington area so there would be no power. And second, poison water supplies in the Washington area — not to kill people, just make them sick."

Former CIA intelligence officer Melissa Boyle says some of the scene are over the top. "Espionage is chess, and chess makes boring film." Boyle served as a consultant on the film, helping Jolie. "She just really sucked my brain dry trying to get details to help her put together her character," said Boyle, who is quick to point out one thing: "I am not Salt."

Jolie might beg to differ: "She probably didn't realize I was just studying her," Jolie tells Metro. "As I was asking her questions, really I was watching her mannerisms and her behavior."

Mad Men back for new season of ad-ventures

First episode opens with the question 'Who is Don Draper?'

On the season finale of Mad Men last fall, Don Draper's wife was seen flying to Reno for a quickie divorce.

Draper, Sterling Cooper's creative director, was jumping ship with a few other expats from that advertising agency to form their own shop camped in a Manhattan hotel suite. They and everybody else were still reeling from the assassination of President John Kennedy just a month earlier.

And Mad Men viewers were left to eagerly await the return of this zeitgeist-seizing drama, to find out how its bygone world would rise from the rubble.

Answer: Engrossingly, in unexpected, chancy ways, adhering to the AMC series' steadfast lack of formula.

You can check last season's finale, available online at the AMC website.

Then the fourth season begins Sunday night setting the stage for a new round of discovery with the episode's first words: "Who is Don Draper?"

A mighty good question, but one aptly dodged by the magnetic, enigmatic and tormented Draper (series star Jon Hamm), who, it turns out, is being interviewed by a writer from Advertising Age magazine. Draper doesn't like this kind of grilling. He believes his work should speak for him.

Almost a year has passed. It's nearing Thanksgiving 1964, with the strain of the holidays soon to be visited on many of the characters.

"It was terrifying when I ended last season, and terrifying when I started this season. But I'm invigorated by risk."

MATTHEW WEINER, CREATOR

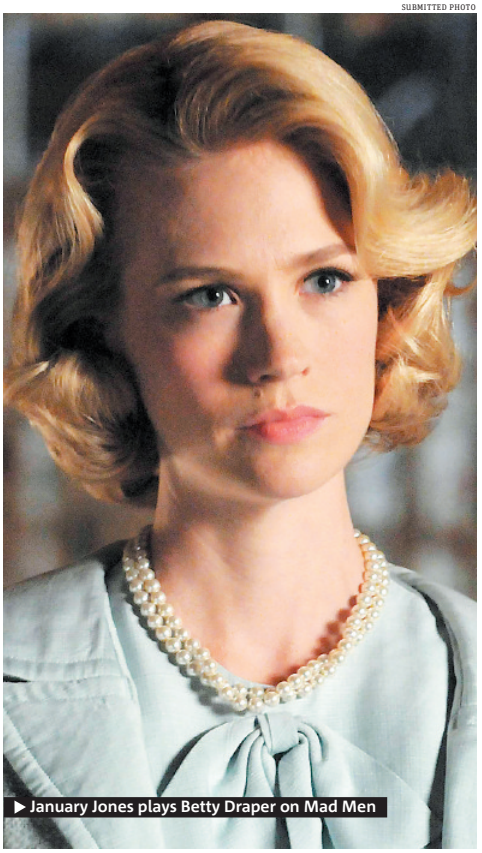
By now, Don's frosty ex-wife Betty (January Jones) has remarried. Don has largely lost custody of their three kids and dwells in a somber flat in Greenwich Village where, at least on Thanksgiving, he prefers the company of a stranger to more traditional companionship.

The scrappy startup agency has lately taken space in Rockefeller Center.

And, as ever, Don is pitching new business with silver-tongued defiance, as with Jantzen swimsuits, which, he declares, must meet the bikini craze with a less prudish marketing strategy. In sum, Mad Men is back.

THE ASSOCIATED PRESS

SUBMITTED PHOTO



▶ January Jones plays Betty Draper on Mad Men

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THE "TAKE UP TO 50% OFF" SWIMWEAR SALE.
Keep your bikini on!
We're talking about saving up to 50% on selected swimwear, boardshorts, sandals and cover-ups.

Plant takes Joy on road

All eyes are on Robert Plant when he steps on stage — especially his band's.

If you're going to play with the rock 'n' roll icon, you've got to be ready to follow.

"When you're working with Robert you can only rehearse so much and then it doesn't matter anymore because you have to have your eyes glued on him the entire night," guitarist Buddy Miller said in an interview with his tour bandmate, singer-songwriter and guitarist Patty Griffin. "No matter what the arrangement was, he's just all feel."

"It's all spontaneous," Griffin said.

Plant might give a nod or a vocal cue and the band heads off in an unexpected direction. That might be the unifying theme for Plant's latest project, which he calls "an adventure." New album Band of Joy is out in September and he's on the road with a mostly unfamiliar cast of players who happen to have Nashville's deepest street cred.

All this adds up to a show with several surprises for fans - Band of Joy songs mixed in with Raising Sand favourites, solo material and an eclectic collection of Led Zeppelin songs.

"Even the old songs are brand-new," Plant said. "There's nothing being reproduced that's ever been heard the way it's being played now ... it's all different."

THE ASSOCIATED PRESS

Pilgrim author eyes empire

▶ Bryan Lee O'Malley

As Scott Pilgrim author Bryan Lee O'Malley unleashes the final volume of his popular comic book series, he's readying himself for the next stage in his increasingly surreal life: world domination.

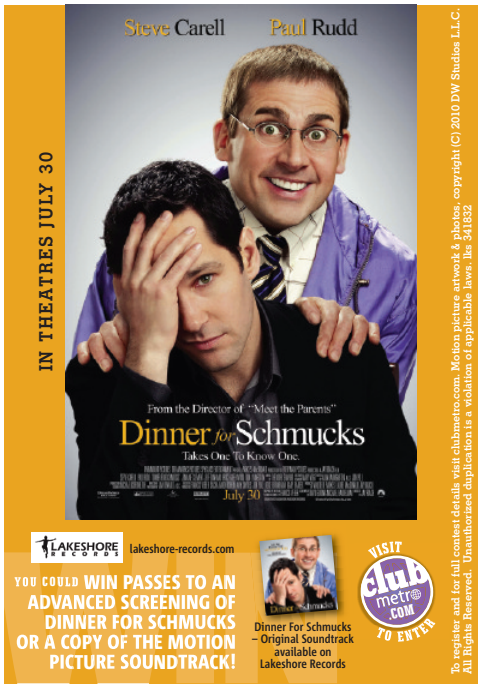
The soft-spoken cartoonist says he's amazed by how much his fictional slacker hero has already achieved — including an upcoming film adaptation starring Michael Cera, a video game, and plush toys all based on O'Malley's drawings.

"I started out just doing an independent comic book and I never expected it to become this kind of worldwide phenomenon, which it sort of has become," says O'Malley.

"It's been a very wild ride, it's gotten a lot bigger than I ever imagined."

Back when the 31-year-old started the book series in 2004, he was working in a Toronto comic shop and living the modest life of a struggling artist.

O'Malley says he was inspired by his own circle of pals and the places they would hang out when he lived in Toronto from 2001 to 2005. **THE ASSOCIATED PRESS**



We will read you

Queen guitarist Brian May brings the world of 1850s England back to life in detailed 3-D images ◗ Why he has little hope for you, wired human

Guitarist for one of the most legendary bands in rock history; astrophysicist; animal rights activist; scholar of 18th-century stereographic images — Queen's Brian May could easily be mistaken for a character out of a Jules Verne novel.

"I don't even know what I am," May says, chuckling at the suggestion. "I get up in the morning and I do wonder who I am."

For now, the Queen axeman can safely be described as the co-author of A Village Lost and Found with photographic researcher Elena Vidal. The lovingly assembled book collects, for the first time in a century and a half, every image from photographer T.R. Williams' Scenes In Our Village, an idyllic depiction of 1850s rural English life captured in three dimensions.

"There is no other document like this, one that chronicles not only a village but the people in it — their thoughts and dreams and aspirations and a whole spirituality — which I think T.R. Williams definitely felt was being threatened by the march of industrialism at the time," May explains. "I relate to that right now, because I think we are being destroyed as human beings by the march of what we laughingly call progress."

Pessimistic though that may sound, May's enormous appreciation of lifelike images — which extends from the antiquated photo-cards he collected in the book to the modern technological wonder of "Avatar" — is nothing short of childlike wonder.

"It's just simple boyish appreciation of magic, really," May says.

"I discovered this 3-D experience when I was about eight or nine years old and I thought, why isn't all photography like this? To be honest with you, I'm still thinking like that 50 years later. It's as if by having two eyes instead of just one, you get a hundred times more information. Things leap out at you in an astonishing way."

Quoted:

"It's just simple boyish appreciation of magic, really."
MAY

SHAUN BRADY
shaun.brady@metro.us

▶ Queen guitarist Brian May may have completed his Ph.D. in Astrophysics in 2006, but he still found time to co-author the new book, A Village Lost and Found.

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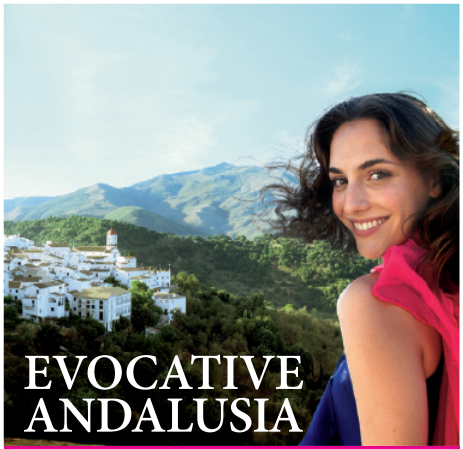
AMAZING ANDALUSIA

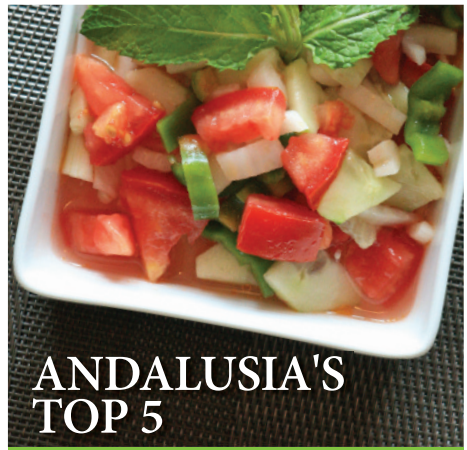


EVOCATIVE ANDALUSIA

White washed villages P/2

EXPLORE ANDALUSIA

Food, Scuba diving, Golf, Spas and more P/3



ANDALUSIA'S TOP 5

The best beaches, golf courses and tapas P/4

EVOCATIVE ANDALUSIA

In most people's minds, Andalusia evokes dazzling white washed inland villages, meandering cobbled streets beneath wrought-iron balconies, endless golden sun-kissed beaches, stunningly beautiful ancient cities packed with historic monuments, imposing mountain peaks, the unmistakable scent of orange blossom, lush green vineyards, scattered olive groves, and the purest light.

Andalusia (in Spanish Andalucía) is the largest autonomous community in Spain in terms of population, the second largest in terms of land area and certainly the most attractive. It is crossed by the fertile basin of the Guadalquivir River that flows between the foothills of the Sierra Morena mountains to the north and the Sierra Sur in the south, irrigating a rich and fertile valley. The region is made up of eight provinces Huelva, Seville, Cádiz, Cordoba, Malaga, Jaén, Granada and Almeria, all named for its major cities. Its capital and largest city is Seville, also the third largest one in Spain, and one of the most beloved destinations by visitors for its culture, monuments and gastronomy.

Not many regions of the world can match with Andalusia's cultural legacy, historical complexity and richness where east meets west in an exotic melting pot of Jewish, Gypsy, Arab and Christian cultures. Andalusia boasts a magnificent Muslim heritage, including some notable examples of the Moorish architecture like the Mezquita in Córdoba, the Alhambra in Granada or the Reales Alcázares in Seville, to name but a few. The name Andalusia dates back to the Arabic language Al-Andalus, after the Moors invaded Spain in the 8th century and the region was transformed into a centre of unimaginable wealth, sophistication and power in the Muslim-dominated Iberia.

> Andalusia's cultural legacy, historical complexity and richness where east meets west in an exotic melting pot of Jewish, Gypsy, Arab and Christian cultures.

Andalusia's diverse geographical setting make it a land of great contrasts, blessed with achingly beautiful landscapes such as the valley of the mighty river Guadalquivir, stunning stretches of coastline (853 kilometres of beaches), mountain ranges, colourful villages, towns and cities, more than 300 days of sunshine and Europe's only desert. Each itinerary in Andalusia is absolutely unique and it has drawn and inspired some of Europe's greatest writers, poets, actors and painters. Andalusia produced Pablo Picasso and the 17th century royal painter Velasquez and it also held an enduring fascination for writers Ernest Hemingway and Washington Irving.

To fully appreciate the breathtaking scenery of Andalusia, you need to relax, unwind and enjoy yourself. People in Andalusia are at their most vivacious, fun-loving and family-oriented. They instinctively create an exuberant street life. Andalusia is just about as close to paradise as it's possible to get and, once bitten, you will forever be drawn back to places that will sing in your memory.

Explore cities

Spring and Autumn are the best times of year to visit any of the inland towns and cities in Andalusia. Pack a hat, visor or other sun gear, visit Granada, Seville, Córdoba, Ronda or any of the other numerous historic cities and immerse yourself in their haunting Islamic palaces and monuments on pleasantly warm, clear days. If you hunger for peace and quiet, hide away in one of Andalusia's unspoiled villages.

Golf

If golf is your passion, Andalusia is the best region in Spain to practice this sport. Choose from one of over 100 quality golf courses and luxury resorts. Andalusia is now a world-class destination for golf. Thanks to the excellent climate, you can enjoy playing golf in the sun whatever the season.

Scuba Diving

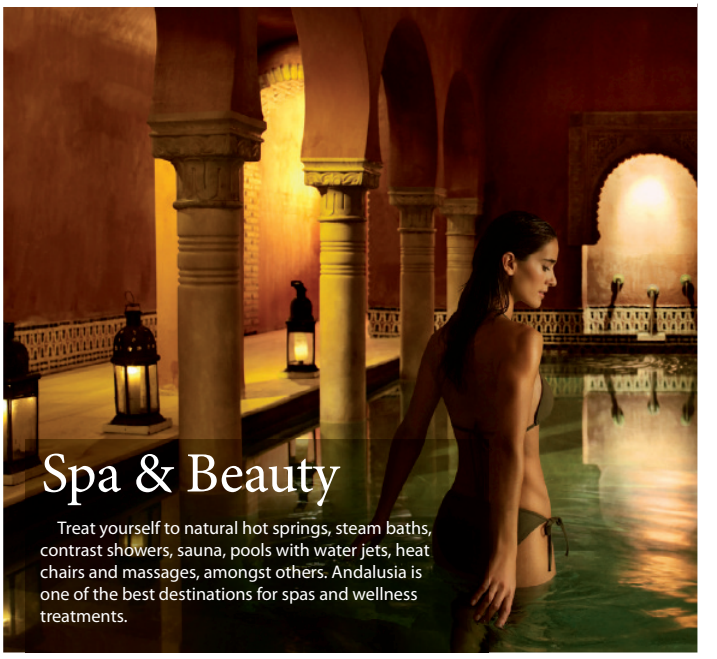
Plunge straight into the sparkling, azure waters of the Mediterranean! Cabo de Gata-Níjar Nature Reserve in Almería is perhaps one of Andalusia's best-kept secrets for snorkeling. The waters are packed with a fantastic variety of fish, a genuine paradise for scuba diving and snorkeling enthusiasts. Expect to see snappers, pollacks, grouper, ocean sunfish, barracudas, eagle rays, brown meagres, moray eels, conger eels, white bream, and many red sea fish. Most of Cabo de Gata's greatest wealth is hidden under the warm, clean and clear sea. For environmental reasons underwater fishing and scuba diving on your own is prohibited in the reserve, but various points along the coast offer guided dives.

Caving

There are a surprising number and variety of natural caves that allow the adventurous to explore and discover a part of Andalusia's natural beauty that few people know exist. Cueva de Gato measures 4.5km in length and crosses the Sierra de Grazalema, following an underground river that can be accessed only with a permit and guide, as the interior can be dangerous in winter. Other caves, which are well known and open to the public, can be found throughout Andalusia and its mountainous areas.

Food & Wine

It's no wonder everyone loves both the delicious eating and the healthy diet of Andalusia. It's nutritionally healthy diet is mainly based on fresh vegetables, ripe fruit, the finest olive oil, quality grains and legumes. Treat your taste buds to local wines to accompany the excellent beef, lamb and pork or the unforgettable Andalusian cured ham 'jamón ibérico', as well as a broad range of fish and seasfood in the coastal areas.



Spa & Beauty

Treat yourself to natural hot springs, steam baths, contrast showers, sauna, pools with water jets, heat chairs and massages, amongst others. Andalusia is one of the best destinations for spas and wellness treatments.

ANDALUSIA'S TOP 5

TOP 5 Tapas

1
ESPETO DE SARDINAS

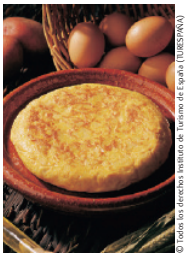
BBQ'd Sardines, a typical seaside "snack"

2
SALMOREJO OR PORRA ANTEQUERANA

A thick gazpacho topped with ham

3
JAMÓN IBERICO

This ham from acorn fed pigs, literally melts in your mouth!



4
TORTILLA DE PATATAS

Typical Spanish dish, egg omelette with fried potatoes

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5
PIPIRRANA

Refreshing salad with peppers, tomato, onions & cucumber.

TOP 5 Golf holidays

Photography: Brian Morgan, courtesy of Club de Golf Valderrama

1
VALDERRAMA GOLF CLUB, CÁDIZ

Where Europe won the Ryder-Cup in 1997

Courtesy of Parador de Málaga Golf

2
PARADOR DE GOLF, MÁLAGA

Near the airport and a short walk to the beach

Mijas Golf Internacional

3
MIJAS GOLF INTL, MÁLAGA

Its flat courses are one of the most visited

Courtesy of Barceló Montecastillo Resort

4
MONTECASTILLO GOLF, CÁDIZ

Widely regarded as the finest course in Cádiz

5
REAL CLUB DE GOLF SEVILLA

With wide fairways, large greens and lakes.

TOP 5 Beaches

Courtesy of Patronato Provincial de Turismo de Cádiz

1
LA BARROSA BEACH, CÁDIZ

White sand and crystal water

© José Hidalgo/Turismo Costa del Sol/www.visitacostadelsol.com

2
BEACH LAS ACACIAS, MÁLAGA

Urban beach with family atmosphere

Exmo. Ayuntamiento de Vera / Turismo www.vera.es

3
PUERTO REY BEACH, ALMERÍA

Famous for its blue water lagoon.

Courtesy of Patronato Provincial de Turismo de Granada

4
MOTRIL CARCHUNA BEACH, GRANADA

Clear water perfect for fishing enthusiasts

Courtesy of Patronato de Turismo de Huelva

5
MATALASCAÑAS BEACH, HUELVA

A "must see" beach

Celebrity tweets

Sarah Silverman [@SarahKSilverman] There's something about lots of make-up base that screams "I'm no stranger to around-the-mouth zits"

Matthew Perry

[@langford perry] Just to clear something up..I love friends fans. It is just a little trying to hear the movie question 15 times a day for the last 6 years.

Nathan Fillion

[@nathanfillion] Early morning, you are like cruel shoes.

Lindsay Lohan [@lindsaylohan] the only "bookings" that i'm familiar with are Disney Films, never thought that i'd be "booking" into Jail... eeeks

METRO WORLD NEWS

Lohan begins her 90-day sentence

Troubled actress is taken to the Century Regional Detention Facility in Lynwood suburb yesterday.

THE ASSOCIATED PRESS

▶ Lindsay Lohan's mug shot.

Whisked away to a women's jail in an unmarked sheriff's car after a brief hearing, Lindsay Lohan reported Tuesday for a 90-day sentence that the troubled actress likely will serve in isolation, and which may be significantly shortened.

Wearing dark denim jeans, a grey top, black corset belt and black jacket, the 24-year-old Lohan showed up at the Beverly Hills courtroom about 10 minutes late. After a short hearing, she rose and was handcuffed behind her back to serve her time for a probation violation.

Lohan was accompanied to court by her mother, Dina, and younger sister Ali, who wiped away tears after her sister was taken into a lockup.

Her estranged father, Michael Lohan, yelled, "We love you Lindsay!" as his daughter was led away. She was then taken across town to the Century Regional Detention Facility in the industrial suburb of Lynwood.

In court, Lohan was represented by her longtime attorney, Shawn Chapman Holley, who had resigned earlier.

THE ASSOCIATED PRESS

Bullock renews restraining order

Sandra Bullock obtained a temporary restraining order Monday against a 41-year-old man accused of stalking the Oscar-winning actress since 2003.

Bullock's attorney obtained the protective order on her behalf against Thomas James Weldon, who has been the subject of previous court orders to stay away from the 45-year-old actress.

A hearing for a three-year order against Weldon was scheduled for Aug. 6.

Bullock first obtained a restraining order in California against Weldon in 2003, but that order expired in 2009. He voluntarily entered a mental institution in Tennessee, and the actress sued the state in 2006 to require them to notify her of his release.

According to the court filing, Weldon turned up in a Wyoming emergency room last month complaining of anxiety and sleeplessness. He later told hospital staff that he had driven from Tennessee in an attempt to meet Bullock at her home in Jackson Hole, Wyo.

THE ASSOCIATED PRESS

Past incidents

Sandra Bullock's attorney, Ed McPherson, filed a declaration stating that Weldon has sent the actress numerous emails and faxes in recent years.

Sandra Bullock's previous court filings have accused Thomas James Weldon of repeatedly trying to contact her and travelling around the country in an attempt to meet her. Bullock has never met Weldon, the court filing said. THE ASSOCIATED PRESS

Diaz keeps a low-profile with A-Rod

Cameron Diaz is keeping her cool while dating Yankees star Alex Rodriguez. The actress has attempted to keep a low profile and fit in with the other players' wives, according to Page Six, learning from the mistakes of his previous girlfriend.

"Cameron doesn't cling to A-Rod like Kate Hudson, whose front-row antics didn't go down well with the wives," a source says, adding that Diaz's behavior at recent team party was spot-on.

"Cameron kept it low-key and hung with the girls." the source says. "She and Alex stayed on opposite sides of the room, but they kept glancing and smiling. "He didn't look at another girl." METRO WORLD NEWS

Spears child abuse charges dropped

The investigation into allegations of child abuse by Britney Spears has been dropped, according to Radar Online.

A former bodyguard had claimed that he witnessed Spears beat her two sons, but the Los Angeles County Department of Children and Family Services has dismissed the matter.

METRO WORLD NEWS

Fourth tape of Gibson surfaces

A fourth tape of Mel Gibson berating ex-girlfriend Oksana Grigorieva has leaked, according to Radar Online, and in this one the Russian singer accuses Gibson of striking their infant daughter, Lucia. "You hit me, and you hit her while she was in my hands! Mel, you're losing your mind. You need medication," Grigorieva says on the tape. "You're acting as a crazy man right now and you have been for many, many months." METRO WORLD NEWS

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Here's looking at you

Humphrey Bogart made Casablanca the coolest city on the planet Today your visit will still be the start of a beautiful friendship...

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▶ Modern Morocco: Today's Casablanca is a long way from Bogey's gin joint

ROMINA MCGUINNESS
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METRO WORLD NEWS IN LONDON

Why go now?
The former French protectorate in Morocco has gone from strength to strength quietly establishing itself one of northern Africa's cultural hubs.

The Casablancais are cool, cosmopolitan and happily embrace western trends whilst remaining fiercely proud and protective of their Islamic heritage.

The city is constantly cooled by the incoming sea breeze, a delightful indication of the sandy beaches nearby.

It's my first time. What should I do there?
Walking around the old medina you'll be tempted to buy everything and anything that sparkles, from the leather soled "babouche" slippers over to the glittering jewels and kaftans.

Get a sugar rush by eating one of the honey-laden treats at Patisserie Bennis Habous (2 Rue Fkih El Gabbas).

Leave the chaotic city centre for the charming seaside Boulevard de la Corniche.

Miami Plage has huge umbrellas to protect you from the blazing sun together with very American-looking basket ball courts. Clear your pores at Hammam Zaiani (hammamziani.ma).

Here, along with the traditional steam room you can soak in a Jacuzzi, ask for a full body scrub or head to the juice bar. Family run restaurant Taverne du Dauphin (115 Blvd Houphouet Boigny) may not look like much from the outside but the Provencal touch and fabulous fish and seafood is stunningly well-prepared.

Near Central Market, on Blvd Mohammed explore the old day casa, a favorite haunt of writer Antoine de Saint-Exupéry.

I've been before. What should I see this time?
Sadly, Hollywood's epic movie Casablanca was actually filmed in Burbank.

But Kathy Kriger has made fiction reality with the opening of Rick's Café (rickscafe.ma) a near perfect replica of Humphrey Bogart's smoky hangout in the original motion picture.

Of all the gin joints in all the world you really should walk into hers! Start practising your lines now — see our reminders below.

Where's the best place for an afternoon's shopping?
The Central Market place is great to ease your way into the day.

There's little to buy outside of fresh produce, great if you're planning to hit the beach later on and are planning a picnic.

For a more up-market shop, the leafy Boulevard D'Anfa is where you want to be heading.

Locally thought of as being the Beverly Hills of Morocco, you'll find a number of designer boutiques.

Not everyone has the patience or willpower to haggle so for local arts and crafts at fixed prices go to the Exposition Nationale d'Artisnanat (3 Avenue Hassan II).

What's the nightlife like?
The beachfront area of Aïn Diab is where it's all "happening."

Clustered clubs and cocktail bars ensure you'll be out drinking and dancing till sunrise. Joya (10 Rue de la Mer Jaune) plays a mix of African, techno and pop music.

▶Bogey: Sam plays it again

Classic Bogart

"Here's looking at you, kid."

"Louis, I think this is the beginning of a beautiful friendship."

"Of all the gin joints in all the towns in all the world, she walks into mine."

MAJOR HEINRICH STRASSER (CONRAD VEIDT)
What is your nationality?
RICK BLAINE (HUMPHREY BOGART)
I'm a drunkard.

PHIL SHAW

▶ Mosaic: Exquisite attention to detail is all around

For more information check out visitmorocco.com

To do...

MOSQUE HASSAN II

As one of the biggest mosques in the world, Mosque Hassan II is a striking landmark. Nearly half of the surface area is glass flooring revealing the Atlantic Ocean below following a verse in the Qu'ran stating that the "throne of God was built on water."

ScanLife

Want to spend your holidays like President Barack Obama?

Harry Potter and the killer theme park

The cloak of invisibility has finally been raised on America's new Harry Potter themepark Six years in the making, at a cost of $200m, it comes with the blessing of JK Rowling But is it any good?

PAUL BALDWIN
TRAVEL@METRONEWS.CA
METRO WORLD NEWS IN LONDON

It can probably fairly claim to be the most magical attraction in the world, because this is Wizarding World — America's Harry Potter themepark.

The new Hogwarts styled attraction at Universal's Islands of Adventure complex in Orlando, Florida, was almost six years in the making and cost around $200 million. And it's pretty spellbinding.

"It's a ride like no other. It combines amazing new technology with 3D imagery, with lifesize stuff coming out at you."
TOM FELTON, WHO PLAYS DRACO MALFOY

Visitors are welcomed through a stone arch into Hogsmeade village by the Hogswarts Express steam train. So far, so authentic.

They walk into scene straight from the movies with Zonko's joke shop selling Sneakoscopes and extendable ears next to Honeydukes sweet emporium for Bertie Bott's Every Flavour Beans.

Marvellously, there is no Coke or Pepsi — only pumpkin juice and Butterbeer, Cornish Pasties and Scotch eggs.

But the real attraction for us Muggles is the CGI mega-ride Forbidden Journey, hidden in the spires of a very authentic-looking Hogwarts Castle and accessed (of course) via the Room of Requirements.

And it is amazing. A combination of thrilling 3-D imagery and real life props take you on a four minute ride past the Whomping Willow, over the Forbidden Forest, through a game of Quidditch with Harry and Ron, and face-to-face with innumerable demons before returning to the Great Hall.

It's not the world's first 3-D ride, but it may well be the world's best.

But one aspect, as unmentionable as Voldemort himself, is the wait time. This can be upwards of two hours — indeed one visitor claimed five hour wait in the Florida heat.

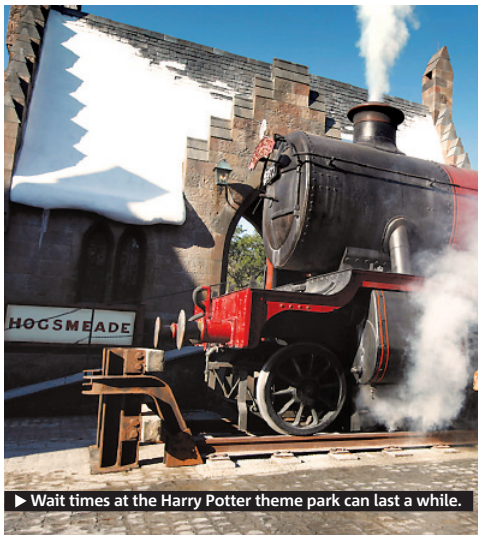
It's good, but it's not that good.

There are just two other main rides in the park — the family friendly Flight of the Hippogriff mini rollercoaster and Dragon Challenge, a high-speed double rollercoaster based on a Triwizard Tournament.

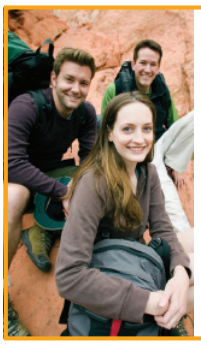
The rest is basically buying stuff. Admittedly, if you are a fan, it's cool stuff.

There are $25 US wands which just like Harry's 'pick their owner,' wizard robes, golden snitches, and you can send postcards home via Owl Post. All in all, no fan will be disappointed. Day tickets to the Islands of Adventures theme park, including the WWHP area, cost $79 US per day for adults, $69 for children.

For more information check out universalorlando.com/harrypotter



▶ Wait times at the Harry Potter theme park can last a while.



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Toasted Couscous BLT Salad

4 portions
Prep time: 25 min.
Cooking: 10 min.

THE ASSOCIATED PRESS

▶ Toasted Couscous BLT Salad.

◗ An exotic twist to an longtime favourite ◗ You can add chicken or turkey for nice light dinner option

Ingredients :

- 170 g (6 oz) bacon, cut crosswise into 5-mm (1/4-inch) strips
- 125 ml (1/2 cup) large pearl couscous
- 15 ml (1 tbsp) cider vinegar
- 15 ml (1 tbsp) lemon juice
- 2 ml (1/2 tsp) Dijon mustard
- 30 ml (2 tbsp) extra-virgin olive oil
- 500 ml (2 cups) chopped iceberg lettuce
- 500 ml (2 cups) diced fresh tomatoes
- Salt and ground black pepper, to taste

To combat lunch bag boredom, you need to straddle that fine line between exciting and familiar, which is just what this toasted couscous BLT salad does.

Exotic, large pearl couscous gets dressed up with all the ingredients of that perennial favourite — the bacon, lettuce and tomato sandwich — and tossed in a lemony dressing to create a packable salad that will appeal to the whole family.

To give even more heft to this lunch, and perhaps turn it into an easy light supper, add thickly sliced or diced smoked turkey or chicken.

Preparation:

1. In a medium saucepan over medium heat, cook bacon, stirring often, until crisp, about 10 minutes. Using a slotted spoon, transfer bacon to a plate lined with paper towels to drain. Pour off all but 15 ml (1 tbsp) of the bacon fat from the saucepan.
2. Return saucepan to stove over medium-high. Add couscous and toast, stirring often, until lightly browned, 2 to 4 minutes. Spread toasted couscous on a baking sheet to cool for 15 minutes.
3. Meanwhile, to make dressing, in a small bowl, whisk together vinegar, lemon juice and mustard. While whisking vigorously, drizzle in olive oil. Set aside.
4. In a large bowl, combine lettuce and tomatoes.
5. When couscous has cooled, transfer to bowl with lettuce and tomatoes. Add reserved bacon and dressing, then toss well to coat. Season with salt and pepper. Serve immediately or store, covered, in the refrigerator for up to 1 day.

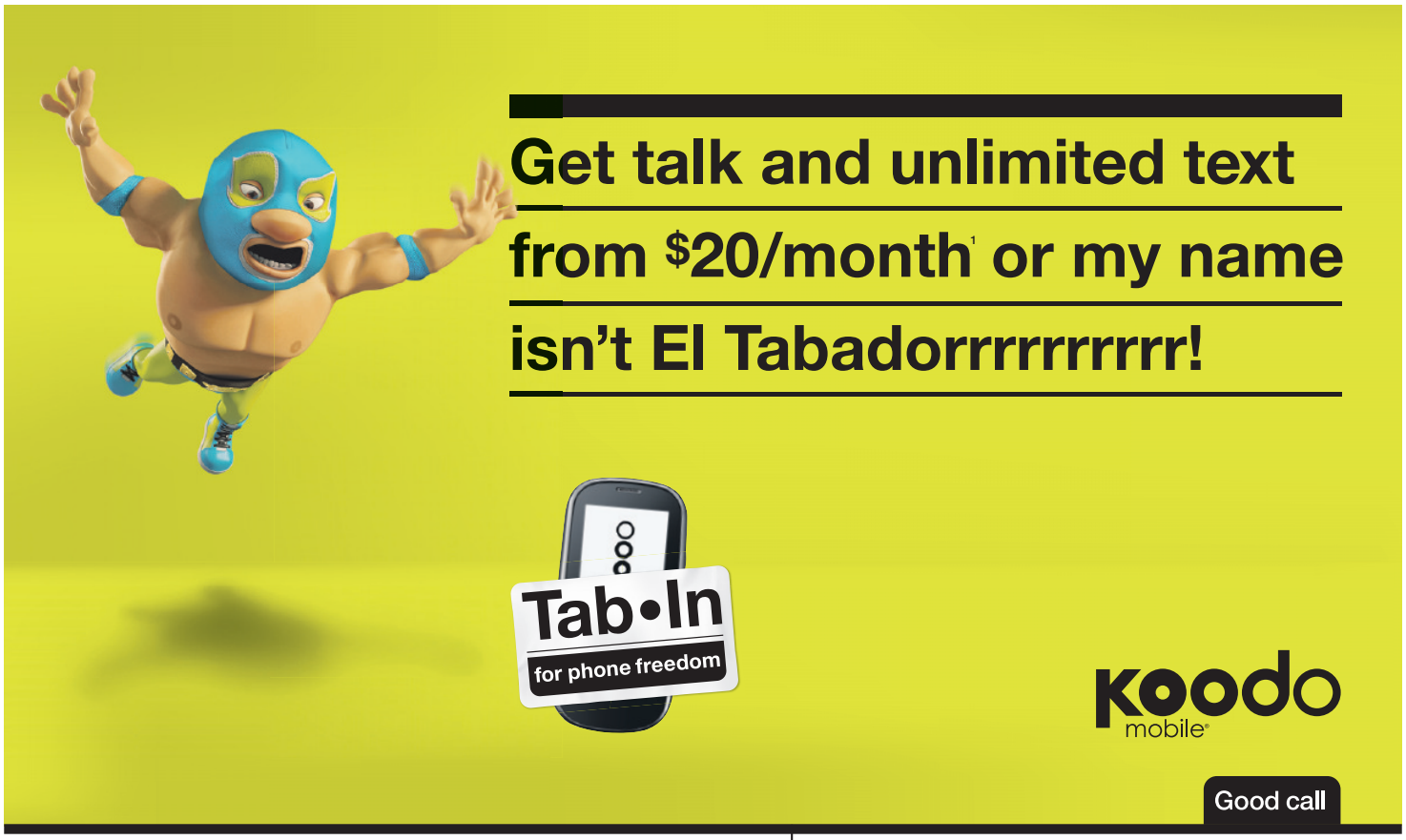
THE ASSOCIATED PRESS

Superfood: Kiwi

"Eat your greens" is a phrase we have all been told at least once in our lives, expect sometimes we just wish we didn't have to.

Bright green and bursting in vitamin C (more so than oranges) and potassium, the Kiwi fruit is a great alternative to soggy spinach. Slice one in half and for breakfast or add to yoghurt or cereal and you will be buzzing with health.

ROMINA MCGUINNESS



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When it's the last straw

Enduring abuse from an office bully can be physically and emotionally damaging

DREW HINSHAW
METRO WORLD NEWS

What's the worst thing about the office bully?

It's not the devastating putdowns, the passive-aggressive scoffs, or even the exhausting smirk on the know-it-all's face.

For Dr. Gary Namie of the Workplace Bullying Institute, it's that the bully usually wins — in 64 per cent of cases, Namie says, the victim winds up jobless.

"Unfortunately, targets are often the person that gets ostracized, and seen as the problem," agrees NoWorkplaceBullies.com blogger Catherine Mattice. "Like, 'Get over it, we're adults here. What do you mean you're being bullied?'"

But workplace childishness is common, and it's no playground for the victims, many of whom, Namie says, "Suffer anxiety, depression, even PTSD in the most severe cases."

Here are three steps to let your tormentor know you won't take it anymore.

Step one:

"Name it," recommends Namie. "Call it bullying, psychological violence. Stop self-blaming." For the pushovers who bullies often pursue, "that may take weeks, months, even years," Namie admits. Although, if you catch on early, Mattice suggests cornering your intimidator for a chat. "That's only a tactic you should use right at the beginning," she warns. Afterwards, let your body language do the talking. "Use their name, look them in the eyes, and stand with your chin up, arms at your side," she advises.

Step two:

Call in sick — because you are. "Stress related health diseases can kill," Namie notes. Spend your day off building what he calls a "business-based, dollars and cents" case against the bully. Are they affecting turnover? Absenteeism? Company reputation? "Try to put dollars to that," he says. "Document everything," Mattice adds. "Any e-mails you received, instant messages, phone messages."

Step three:

"Expose the bully, to the highest person you can (excluding) the bully's apologist," Namie says. "Speak in third party terms. Make the case that this bully is too expensive to keep." It probably won't work, he cautions. "So why do it? For your mental health," he offers. "Go out guns-a-blazing. Later, you can say I worked for a bully and I chose not to be there anymore."

ISTOCK

▶ If you've had enough with the bully at the office, 'expose the bully to the highest person you can (excluding) the bully's apologist.'

New bill against bullies

If you're being bullied at work, it's time to read up on Bill 168, a new law that was passed in Ontario, and then see if your province offers any way for you to fight back. The Ontario bill says violence and harassment at work is a workplace safety hazard.

Donna Marshal, CEO of the Harassment Education Advisory Response Team, program says at one time 70 per cent of targets had the chance of losing their jobs if they complained. "Now they have the right to refuse to work with a violent or harassing individual," she says. The law also mandates employers to deal with workplace bullies.

Nova Scotia has a similar law; Quebec, as well, has a variety of anti-bullying rules under statutes.

BRYAN BORZYKOWSKI

Workplace Law

DANIEL LUBLIN
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DAN@TORONTO-EMPLOYMENTLAWYER.COM

KEEP THE SKELETONS IN YOUR CLOSET

Employees often author their own workplace misfortunes. Few take advantage of laws that are construed in their favour. Fewer will challenge their employer's decisions, however unjust. Most will just complain. But if you have an inclination to fight back, here are some do's and don'ts:

Do be wary of skeletons in your closet. Just about every employee has one. If yours is so bad you can't risk it being exposed, then do not challenge your employer's decision to discipline or dismiss you, however unjust. Some workplace skeletons, although not harmful to your case, will ultimately be harmful to your reputation.

Do protest your employer's decisions that you disagree with, such as not receiving a salary increase or promotion, and do it in writing. Failing to respond simply conveys to your employer that you agreed with its decision or at least that you did not care enough to complain. Similarly, many good constructive dismissal cases die on the vine because of a delay in mounting a complaint. For a court to believe that you had no choice but to leave, then swiftly do just that.

Do pick your battles prudently: In one recent case, the employee lost because he challenged his employer's efforts to restructure, although it was done to limit lost inventory. Do not expect the sympathy of your employer or a court when you challenge good faith decisions to cut costs.

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Does school need a recess coach?

Kids these days may need someone to help them start to play

PLAYWORKS/THE ASSOCIATED PRESS

▶ Children can benefit from a recess coach, proponents say.

For years, recess at Grout Elementary School in Portland, Ore., was fraught with the same sort of playground woes common in many places.

Some kids would play, some wouldn't. Some roughhoused and got into tussles. Resolving those tussles, teachers said, ate into post-recess classroom time.

"Kids are not inherently kind to each other," said principal Susan McElroy.

The pattern was broken about a year ago when McElroy hired a recess coach to help children do what they used to do naturally: Play.

Now, Grout has its own professional coach on school grounds all day who not only organizes and supervises playground games, but also trains kids to be junior coaches, teaches conflict resolution and serves as a mentor, McElroy said.

A growing number of schools nationwide are hiring playtime professionals to help transform recess from a free-for-all into what they hope will be a healthier physical experience. In some cases, that means hiring full-time professionals; in others, it might mean training school staff and parent volunteers.

The idea of putting recess in the hands of professionals, however, has drawn criticism from those who feel that childhood today is in danger of being micromanaged by adults. Learning to play co-operatively is an important step in children's development, and that includes learning how to handle difficult situations, they say.

McElroy, the Grout principal, said the days are gone when kids were adept at finding ways to play creatively on their own. The rise of electronic entertainment and the decline of spontaneous neighbourhood play have left many children ill-equipped to handle unstructured playground time; they don't have the social skills.

"Kids by and large don't know how to do that anymore," McElroy said. "They weren't doing it, anyway."

Alexandra Penn, founder of Champions Against Bullying, a non-profit that offers workshops and other services, agrees. She says more playground supervision is essential, as is specific training in how to manage bullying.

"Kids bully for many reasons and they also bully because they can," Penn said. "Who's stopping them?"

Having recess coaches doesn't mean that schools have lost sight of the benefits of self-motivated play, proponents said. Helping kids get there is part of the plan.

As head of a culturally diverse school, McElroy said, she welcomes all opportunities for co-operative learning.

"Anything we can do like this helps build a school community," she said.

THE ASSOCIATED PRESS

Need for recess

- Schools should ensure all children — including those prone to being bullied — receive the benefits of recess. "Play stretches a child's imagination and boosts self-esteem," Penn said. "Children become more resilient and developed."

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NHL rejects Kovalchuk contract

The NHL rejected Ilya Kovalchuk's landmark $102-million US, 17-year contract with the New Jersey Devils last night after it was deemed to circumvent the league's salary cap.

Just one day after Kovalchuk and the Devils came to an agreement on the longest contract in NHL history, the league determined that it was illegal, a person familiar with the issues raised told The Associated Press on condition of anonymity because the NHL hadn't made a formal announcement.

The contract was rejected because years of low salary at the end of the contract were added for the sole purpose of lowering the cap hit. The person added that no side believes Kovalchuk will play the final years of the deal at those terms. The star forward was slated to earn only $550,000 in each of the last five seasons of the contract that was to run through the 2026-27 season, when Kovalchuk would be 44.

Only hours earlier, Kovalchuk beamed as the Devils held a news conference in their home arena to officially announce that he was coming back to the team after a lengthy free-agent courtship.

THE ASSOCIATED PRESS

BRUCE BENNETT/GETTY IMAGES

▶ Ilya Kovalchuk poses for a photo yesterday.

A whole new Open for Graham DeLaet

Golfer enters this year's event as promising rookie on PGA circuit

Graham DeLaet still needs the occasional reminder about how far he's come.

Yesterday morning, it came from a group of 20 kids who participated in an hour-long clinic with him on chipping and putting. When they were done getting pointers, many of the kids stuck around to ask the 28-year-old golfer from Weyburn, Sask., for a picture or an autograph.

"It was a rewarding experience for me," said DeLaet. "I would never have thought last year at this time that I'd be a role model for kids."

Times have certainly changed. Even though DeLaet will be playing in his third RBC Canadian Open this week, his experience at the national championship is bound to be different. He's arrived at St. George's Golf and Country Club in the midst of a promising rookie season on the PGA Tour and finds himself much more in demand than when he was playing on a sponsor's invite.

DeLaet has the highest finish of any Canadian on the PGA Tour this season, having tied for third at the Shell Houston Open in April. A sixth-place finish is the best result achieved by Mike Weir (Bob Hope Classic) and Stephen Ames (Transitions Championship) so far in 2010.

Those three men are among 18 Canadians who will tee it up this week. Matt Hill of Bright's Grove, Ont., who turned pro last month at age 21, is also in the field along with Nationwide Tour regulars David Hearn of Brantford, Ont., Jon Mills of Oshawa, Ont., Ted Brown of Peterborough, Ont., and Edmonton's Barrett Jarosch.

THE CANADIAN PRESS

KIN CHEUNG/THE ASSOCIATED PRESS

▶ Graham DeLaet plays in a tournament last year.

4 sports

Sports in brief

1 Cubs manager Lou Piniella will retire at the end of the season.

2 Reports say Diego Maradona will remain as coach of Argentina's national team.

3 Dodgers' Manny Ramirez is on the DL for third time this season.

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CANADA'S hottest model event

2010 Dodge Grand Caravan SXT shown.§

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2010 Dodge Journey SXT shown.§

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CITY: 11.0L/100 KM (26 MPG)*

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Wise customers read the fine print: •, *, †, ±, § Canada's Hottest Model Event offers apply to retail deliveries of selected new and unused models purchased between July 1, 2010 and August 3, 2010 from participating dealers. Dealer order/trade may be necessary. Offers subject to change without notice. See participating dealer for complete details and conditions. •$21,488 Purchase Price applies to 2010 Dodge Grand Caravan Canada Value Package (24F+DJ9) only and includes $6,500 Consumer Cash Discount. $19,988 Purchase Price applies to 2010 Dodge Journey SE (22F+CLE) only and includes $1,250 Consumer Cash Discount. See participating dealer for complete details. Pricing includes freight ($1,400) and excludes license, insurance, registration, any dealer administration fees and other applicable fees and applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. *Consumer Cash Discounts are offered on most new 2009/2010 vehicles and are manufacturer-to-dealer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your dealer for complete details. †0% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and GMAC on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber Canada Value Package and SE Plus, Grand Caravan Cargo Van, Sprinter and Ram Chassis Cab. Examples: 2010 Dodge Grand Caravan Canada Value Package (24F+CLE)/2010 Dodge Journey SE (22F+CLE) with a Purchase Price of $21,488/$19,988 financed at 0% for 36 months equals monthly payments of $596.88/$555.22; cost of borrowing of $0 and a total obligation of $21,488/$19,988. Pricing includes freight ($1,400) and excludes licence, insurance, registration, any dealer administration fees and other applicable fees and applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. ±Variable Prime Rate financing up to 84 months is offered on approved credit on most new 2010 vehicles to qualified retail customers through TD Financing Services and Royal Bank of Canada. Bi-weekly payments shown are based on 84 month terms. Variable rate shown is based on TD and RBC Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer is not open to residents of Quebec. TD offer is not open to residents of New Brunswick, Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating dealer for complete details. §2010 Dodge Grand Caravan SXT shown. Price including applicable Consumer Cash Discount: $27,695. 2010 Journey SXT shown. Price including applicable Consumer Cash Discount: $25,945. Pricing includes freight ($1,400) and excludes license, insurance, registration, any dealer administration fees and other applicable fees and applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. ◊Based on 2010 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption may vary. ‡Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2010 model year Dodge Grand Caravan and Journey. ^Based on January through December 2009 R.L. Polk sales total registrations. "SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license.

SUBMITTED PHOTO

▶ The 2010 smart fortwo coupe offers superb fuel economy, good manoeuvrability and the ability to park where other vehicles can't.

2010 smart fortwo no small wonder

Compact hatchback may look a little lightweight on the outside but once you step in, it's rock solid ◐ But be wary of gusting winds

NEIL MOORE
DRIVE@METRONEWS.CA

I've never turned more heads with fewer dollars than while driving the 2010 smart fortwo coupe.

During my recent road test, this tiny two-seater probably received more smiles, nods and double takes than any high-end sports car or convertible I've had the privilege to bring home.

If you want to get noticed, the smart does the trick, and for a relatively low starting price of $14,990.

At this "pure" trim level, you get such features as power windows and locks, multifunction display and AM/FM/CD audio system with auxiliary input, but air conditioning, alloy wheels, Bluetooth and heated seats are extra.

Still, you get a pretty decent list of safety items that include anti-lock brakes with electronic brake force distribution and hydraulic brake assist, electronic stability program and four airbags.

Cruising along one of our superhighways, I was starting to get comfortable at typical highway speeds. Sure, there's a bit of wind and road noise inside the cabin, but I've experienced worse in other subcompacts.

Then I noticed some debris up front, gusting across the highway and — wham — the smart was nearly blown sideways. Good thing I had both hands on the wheel.

Sure, the smart cuts the wind reasonably well from the front, but this tall, narrow box with tiny wheelbase felt vulnerable to crosswinds, and with a curb weight of only 820 kg (about 300 kg less than a Honda Fit I shouldn't have been surprised at the buffeting).

But for zipping around town, the smart is in its element.

Spec box

2010 SMART FORTWO COUPE

- **VEHICLE TYPE** Subcompact hatchback
- **PRICE** from $14,990
- **ENGINE** DOHC 1.0-litre, inline three-cylinder (70 hp, 68 lb/ft of torque)
- **FUEL ECONOMY** 5.9/ 4.8/ 5.4 litres/100km (city/hwy/combined)

5 drive

Up and down

Ford-ing ahead
Ford topped other automakers with five awards in vehicle segments in the recent J.D. Power and Associates Automotive Performance, Execution and Layout study.

Radio hazard
Listening to sports commentary on the radio when you're driving could be more dangerous than drunk-driving, according to new research.

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Eric Bana and the Beast

Aussie star reveals his love affair with all things automotive to Metro

KUMAR SAHA
DRIVE@METRONEWS.CA

HANDOUT PHOTO

▶ Eric Bana documents his other life as a race car driver in the film, Love The Beast, out on DVD now.

Once Eric Bana laid his eyes on the roadrunning Ford Falcon Coupe driven by Mel Gibson in Mad Max, he was hooked.

The Aussie movie star (Star Trek, The Time Traveler's Wife) — only 15 then — persuaded his dad to buy him a 1974 version of the model.

The ensuing love affair with that car is the subject of the Bana's intensely personal documentary Love The Beast, released on DVD yesterday.

The film chronicles not only Bana's fascination for all things automotive, especially race car driving, but also his 30-year journey with his beloved Beast, which he built up with a little help of his friends only to completely wreck it during the challenging Targa Tasmania rally in 2007. Metro Drive recently chatted with Bana about his life as a dedicated gearhead:

How's the coupe?

It's being repaired and getting ready to be painted. Then I'll start the very slow process of re-assembling it. It's getting there slowly. I'm hoping to drop it by Christmas time.

In the documentary, you say that you wished you'd broken a limb instead of wrecking the car ...

The body heals a lots quicker, doesn't it? (Laughs) It's weird the relationship you have with a racecar. Part of the shock is that you can't believe that you've just crashed it. You swear to yourself that you'll never damage it, which is a stupid idea because when you go to a race you've got a good chance of doing something to it.

Why do you think people get so attached to their car, which is a piece of metal essentially?

It's the horse of our generation. It's only natural that you get attached to it. I think there's definitely an artistic connection as well which can become expression of ourselves. Also, anything you work on you can become attached to.

Will you ever do a car film?

The reality is that when you make a film you get to do very little driving. I just spend the whole weekend racing at my favourite race track and I'd much rather do it for real.

Bana's fave car

"My favourite car would be McLaren F1, which was made back in the early 90s, I think. It's the most quintessential sports car ever.

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PLAYING THE RENTAL GAME WITH EXOTICS

Auto Pilot

MIKE GOETZ
DRIVE@METROEWS.CA

Around our house, we love that television spot for Enterprise Rent-A-Car, the one where the older mother is super impressed with the car and the pick-up service, and says, "Sounds expensive." Then, when she finds out the pickup is free, and the rental reasonable, she indignantly asks her son, "Then why didn't you get me a bigger car?"

We now use "sounds expensive" every chance we get.

"I think it's your turn to stack the dishwasher."

"Sounds expensive."

And whenever someone graciously passes you a tissue, or a glass of orange juice, you get to say, "Why didn't you get me a bigger one?"

But my main reason for bringing up this commercial is that it reminds us that rental firms have "bigger cars" and sportier cars, and convertibles, and hybrids, and even Ferraris!

The "regular" rental car is quite famous for underwhelming. When taken on long trips, their drivers have been known to stick plastic cutlery in their forearms, for lack of stimulation.

But for a small premium (about 50 bucks a day) you could get yourself into a convertible. All the main rental firms seem to stock ragtop versions of Ford Mustang, Chrysler Sebring, and Toyota Solara

For something snazzier, you'll need to visit rental firms specializing in sports, luxury and exotic machinery. Every big city has one, or several.

I spoke to Marcello Trubiani of Affinity Luxury Car Rentals. The first thing I asked: "How about a Ferrari?"

Turns out they have one, a 360 Modena Spyder, available for $799 (plus taxes) for 24 hours, or $2,995 for a three-day weekend, or $5,999 for a full week.

Trubiani says anybody can drive it away, as long as you're 25 or older, with a good license, and able to put down a suitable deposit (starting at $10,000).

Other exotics in the Affinity stable include BMW M3, Camaro SS, Corvette C6, Dodge Viper, Lamborghini Gallardo, Porsche GT3, etc.

But Trubiani notes that the current hot rides are the more "reasonably priced" convertibles, such as BMW 3 Series and Mini Cooper.

A big part of the store's business is providing high-end rentals for drivers who have their own high-end cars in the body shop.

But many others grab these cars to treat themselves and for special family occasions. Trubiani said one father recently rented the Ferrari to present to his son, as a graduation present.

When he saw that red stallion, I'm pretty sure the young lad did not say to his father, "Why didn't you get me a bigger car?"

Beware privateer

- Some "exotic" rental operations often utilize privately-owned cars that are privately insured, which make things messy, and not cut and dry, when renters happen to re-arrange the sheet metal.

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Abagail was a little misbehaved at Stampede this year, but made lots of friends down on 17th. Now, it's time for her to get back into the groove. She wants everyone to know that it's not too late to get into a MINI. To sweeten the pot, MINI Crowfoot is giving you $500 in accessories when you adopt a MINI this month. Plus, for the rest of July when you test drive any MINI, you're entered to win a MINI convertible for a weekend! How can you resist?

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Wagon alive in Magnum

Dodge model liked for its muscular look and HEMI V8 power
Best to avoid the 2.7 litre V6

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The station wagon had largely gone the way of the Laser Disc before Dodge re-ignited the scene with their new Magnum in 2005. This model effectively put the American station wagon back on the map with great looks, rear-wheel drive and available HEMI V8 power.

With five doors, five seats and adequate room for most families and their gear, the Magnum was available in numerous variants to match virtually any need or budget. All Wheel Drive (AWD) was available, as were two V6 engines and a variety of options, packages and accessories. Look for features like a moonroof, leather seating, navigation, a rear-seat DVD console, automatic climate control and plenty more.

Under the hood was a 2.7 litre V6 with 190 horsepower, as well as a 3.5 liter unit with 250. The 5.7 litre HEMI V8 with cylinder deactivation made a potent 340. All models got automatic transmissions, and AWD was available with either the 3.5 or 5.7 liter powerplants.

Dodge Magnum

- **MODEL YEAR**
  2005-08
- **VEHICLE TYPE:**
  Wagon
- **APPROXIMATE USED PRICE RANGE**
  $8,000-$18,000

PHOTO COURTESY CHRYSLER

▶ A 2005 Dodge Magnum

What Owners Like

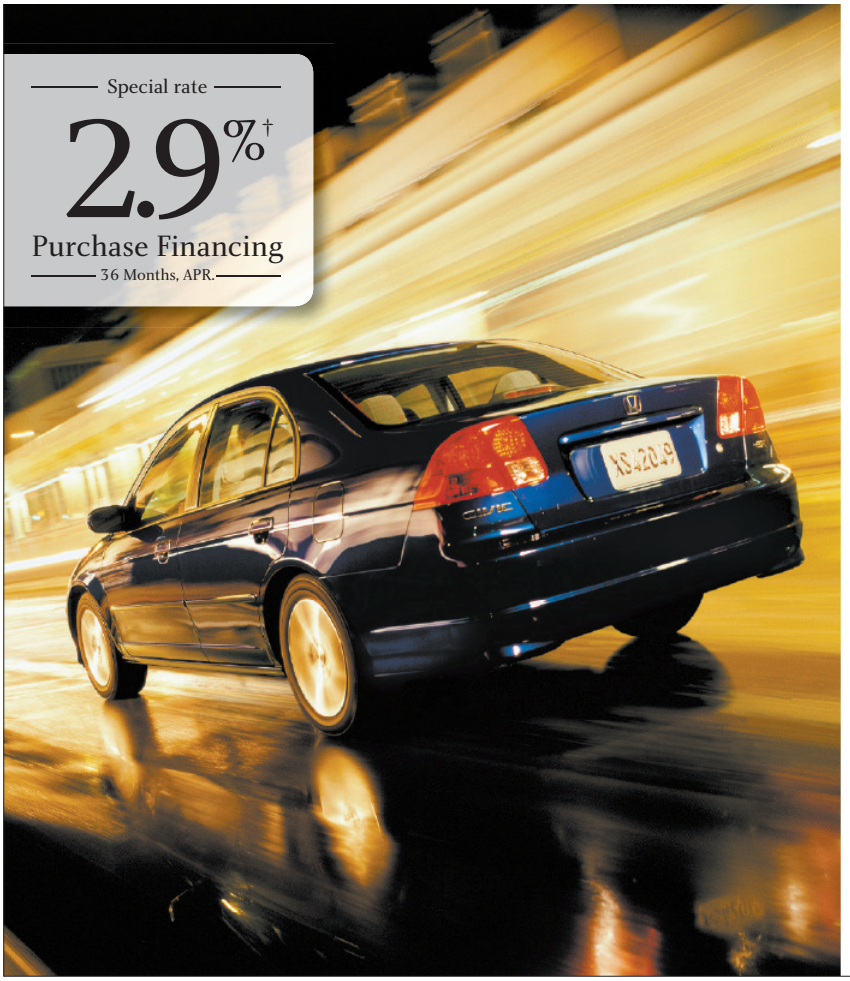
Magnum's styling, performance, value and flexibility were all rated highly by owners, as was its overall comfort and a built-in sense of attitude. Most folks loved the upgraded Boston Acoustics stereo system, too. Owners of HEMI-powered Magnums also love the acceleration.

What Owners Hate

Common owner complaints include a "stiff" ride on some models, as well as limited rearward visibility and a "couped up feeling."

Common issues

Put simply, Magnums powered by the 2.7 litre V6 should be avoided on account of numerous, well-documented complaints regarding engine failure related to an oil-sludge problem. When checking owner forums online, both the 3.5 and 5.7 litre engines appear far more trouble-free.



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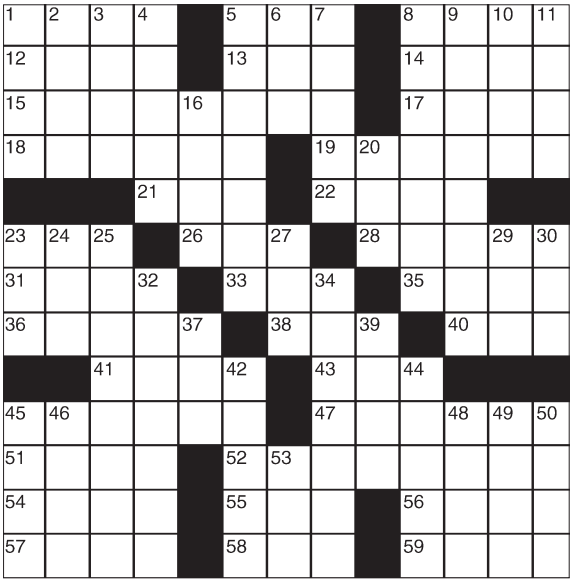
Crossword



Across

1 Iodine-rich seaweed
5 Apple computer
8 Muscat's land
12 Enrages
13 Blond shade
14 Ill temper
15 Participate in a lake sport
17 — gin fizz
18 Debate topics
19 Cheated at hide-and-seek
21 Conk out
22 Reddish-brown gem
23 List-ending abbr.
26 Gist
28 Palatal pendant
31 So
33 In medias —
35 Tend texts
36 Publicizes broadly
38 Year-end abbr.
40 Witness
41 Smell
43 Knock
45 Permeate (with)
47 Refer (to)
51 Campus mil. grp.
52 Top-40 airings
54 Dandling site
55 Exist
56 Georgia —
57 Global seven
58 "Absolutely"
59 Sandwich treat

Down

1 New Zealander
2 Geological times
3 Reply to "Shall we?"
4 Pretender
5 Rubber?
6 Request
7 TV police oldie
8 Watch
9 Spherical chocolate candies
10 Lotion additive
11 Require
16 Check
20 Water (French)
23 Biblical verb suffix
24 "— Neighbor's Wife"
25 Appealing pastime
27 Foundation
29 Whopper
30 Noshed on
32 Leads astray
34 Siesta shawls
37 "Mayday!"
39 Tranquil
42 Settle a debt
44 Erstwhile planet
45 Annoys
46 Zilch
48 — -friendly
49 Yahtzee quintet
50 Reverberate
53 Raw rock

▶ Yesterday's answer

F	I	S	H		A	M	P		T	I	E	R
A	N	T	I		M	O	O		I	D	L	E
S	T	A	M	P	E	D	E		T	E	M	P
T	O	Y		O	N	E		C	L	A	S	S
			A	N	D		W	O	E			
O	W	I	N	G		B	A	N	D	A	N	A
R	O	O	D		B	U	G		E	L	A	N
B	O	U	R	B	O	N		W	E	E	P	Y
			E	R	A		M	A	D			
O	M	E	G	A		S	A	G		S	H	E
D	E	M	I		L	A	K	E	M	E	A	D
E	N	I	D		I	R	E		A	R	I	D
S	U	R	E		P	A	R		N	A	R	Y

Sudoku

					6	4		8
4	8		1	3				2
	9							
5		4			1	8		
7								1
		3	5			9		6
							7	
1				6	8		3	4
2		6	7					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	5	8	1	7	2	4	9	6
1	9	7	6	8	4	3	2	5
4	2	6	9	5	3	7	8	1
8	7	2	5	1	9	6	3	4
6	3	4	7	2	8	1	5	9
9	1	5	3	4	6	2	7	8
7	8	1	4	3	5	9	6	2
5	4	9	2	6	7	8	1	3
2	6	3	8	9	1	5	4	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To K.D.Y., it's almost our second month, just wanted to say that i'm happy being with you and that i love you. **LOTS OF LOVE MELLY**

Nikki-baby and Princess Kell. Since you came into my life three months ago, you have been my daily ray of sunshine. You both light up my life, even on the rainiest days. You two are MY "double rainbow". I'm so proud of you both! **LOVE SCOTTY**

Peter: I was lost before I found you. I knew that you were the one I've been searching for from the moment we met. Never gonna let you go. Happy six. Love always!!!!! **CATHY XOXO.**

I will always love you until my heart stops beating. You complete me! Happy Monthsary baby. **TRICIA**

A look at the weather

TODAY	THURSDAY	FRIDAY
Min 7° Max 21°	Min 10° Max 21°	Min 10° Max 22°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 19 There is no point trying to force others to see things your way because if anything it will make them even more determined to take an opposing view. Why should you want people to agree with you anyway?

♉ Taurus April 20-May 21 There's no reason to feel guilty about all the fun you've been having in recent weeks. It may be sad that some of your friends have not been so fortunate but that's life.

♊ Gemini May 22-June 21 Tomorrow you won't lack for confidence. Social occasions and travel plans will go well for you now, so don't sit at home on your own — get out there and wow the world.

♋ Cancer June 22-July 22 You will have to deal with someone who sees things from a different perspective today, but that does not mean you cannot get along.

♌ Leo July 23-Aug.23 There is no right way or wrong way to deal with a particular situation, so if you feel like taking a different approach then do so. The important thing is that you explain what you are up to so others won't worry about it.

♍ Virgo Aug. 24- Sept. 22 Saturn leaves your birth sign today and no doubt you'll be glad to see the back of it. If you are honest though you will also admit that you've learnt a lot in the past two years — much of it the hard way!

♎ Libra Sept. 23-Oct. 23 Something you failed to deal with fully a month or two back will return today and this time you will have to see it through to the end. Leaving tasks unfinished is no longer an option.

♏ Scorpio Oct. 24-Nov. 22 Why is your body so restless? Why is your mind jumping all over the place? Whatever the reason you will calm down a bit over the next 24 hours.

♐ Sagittarius Nov. 23-Dec. 21 Sometimes you have to state the obvious for people, even though they should have seen for themselves what the results of their actions were likely to be. Try not to be judgmental though. No one is perfect, not even you.

♑ Capricorn Dec. 22-Jan. 20 Deals and negotiations are under excellent cosmic influences. You must not sell yourself short. You're a star, so make sure you are treated and paid like one.

♒ Aquarius Jan. 21-Feb. 18 You may be justified in hitting back at people who have been speaking about you in less than flattering ways but, really, what is the point? Why not just ignore them.

♓ Pisces Feb. 19-March 20 Saturn moves out of the relationship area of your chart today — and boy are you glad to see it go! You've learnt a lot about yourself in recent months, and even more about other people.

SALLY BROMPTON

ERANGA JAYAWARDENA/THE ASSOCIATED PRESS

Caption contest

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

ELAINE THOMPSON/THE ASSOCIATED PRESS

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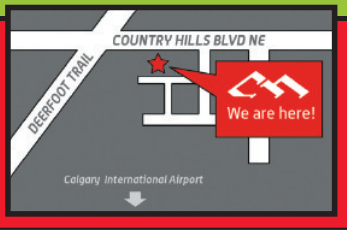

2010 Yaris Sedan Model# BT9K3P FA, 60mth lease, 0.9%, $1,868 down, $250 cash incentive to dealer, LEV $6,433. 2010 Matrix Model# KU4EEP BA, 60mth lease, 0.9%, $3,235 down, LEV $7,348. 2010 Camry LE Model# BF36KT AA, 60mth lease, 1.9%, $3,590 down, LEV $8,551. 2010 RAV4 Model# ZF4DVP AA, 60mth lease, 3.5%, $3,320 down, LEV $9,906. 2010 Venza Model# ZA3BBT AA, 60mth lease, 3.9%, $4,288 down, LEV $10,937. 2011 Sienna Model# ZK3DCT AA, 60mth lease, 5.6%, $3,938 down, LEV $10,323. 2010 Tacoma Model# UU4ENM BA, 60mth lease, 3.9%, $3,748 down, $500 cash incentive to dealer, LEV $12,306. 2010 Tundra Model# UY5F1T BA, 60mth lease, 3.9%, $4,499 down, $1,500 cash incentive to dealer, LEV $12,771. Freight, PDI and block heater included, GST extra, TFS Approved O.A.C. BBQ may not be exactly as shown. BBQ offer may not be combined with any other promotion.